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# *The Blue Horizon*

**E Kokua Pakahi Kakou**

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**March 2002**

**ISC Honolulu Work-Life Newsletter**

**Volume 10 Issue 3**

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*March is Women's History Month*  
**"WOMEN SUSTAINING THE AMERICAN SPIRIT"**

*SINCE 1987, THE PRESIDENT HAS ISSUED AN ANNUAL PROCLAMATION OF WOMEN'S HISTORY MONTH. IN LAST YEAR'S PROCLAMATION, PRESIDENT BUSH STATED "OUR NATION BOASTS A RICH HISTORY OF WOMEN WHOSE HEROIC ACHIEVEMENTS SPEAK TO THE SENSE OF EXCELLENCE, POTENTIAL AND PATRIOTISM SHARED BY ALL AMERICANS." WOMEN'S HISTORY MONTH IS AN OPPORTUNITY TO REMEMBER, HONOR, AND CELEBRATE THE MANY CONTRIBUTIONS OF WOMEN THAT HELPED TO CREATE THIS GREAT NATION.*

## LET'S CELEBRATE OMBUDSMAN APPRECIATION DAY

MARCH 29<sup>TH</sup>

According to COMDANTINST 1750.4c, Commands are encouraged to celebrate Ombudsman Appreciation Day on the last Friday in March. Take the time to express your thanks to your Unit Ombudsman for all their support and hard work. (Ombudsmen will also be honored on May 17<sup>th</sup>, with the Ombudsman Appreciation Dinner sponsored by the Coast Guard Foundation.)

**ATTENTION STUDENTS IN GRADES 1-12: Enter ASYMCA & the U.S. Naval Institute's Essay Contest 2002. Three winners will be awarded \$500 Savings Bonds, and another three \$100 Savings Bonds. See the back cover for details!**



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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## WE'RE ON-LINE!

The Blue Horizon, and other  
Work-Life information, is available at :  
[www.uscg.mil/mlcpac/ischon/cw\\_index.htm](http://www.uscg.mil/mlcpac/ischon/cw_index.htm)

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

|                 |       |
|-----------------|-------|
| ISC Alameda     | (252) |
| ISC Boston      | (301) |
| ISC Baltimore   | (225) |
| ISC Cape May    | (629) |
| ISC Washington  | (932) |
| ISC St. Louis   | (302) |
| ISC Miami       | (307) |
| ISC New Orleans | (308) |
| ISC Cleveland   | (309) |
| ISC San Pedro   | (311) |
| ISC Seattle     | (313) |
| ISC Honolulu    | (314) |
| ISC Ketchikan   | (317) |
| ISC Kodiak      | (563) |
| ISC Portsmouth  | (305) |



The Blue Horizon is an authorized, unofficial U. S. Coast Guard publication. The views and opinions expressed in the Blue Horizon are those of the authors and not necessarily those of the Department of Transportation or the U. S. Coast Guard. Material is for information only and not authority for action.

The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: [FGaran@d14.uscg.mil](mailto:FGaran@d14.uscg.mil)**



**DEPARTMENT OF THE AIR FORCE  
AIR FORCE OFFICE OF SPECIAL INVESTIGATIONS  
ANDREWS AFB, MD 20762-7002**

**CRIMINAL INFORMATION REPORT 02 - 06**

**FROM:** HQ AFOSI/XOGO

**DATE OF REPORT:** 7 February 2002

**TO:** All Regions, Squadrons, Detachments, and Operating Locations (CAT III)

**SUBJECT:** Tax Scam (Special Alert to the Public)

**SOURCES:** Nina M. Kirby, Customs, Treasury, U.S. Government

**SUMMARY:** The Michigan Department of Treasury recently received an alert from the Internal Revenue Service (IRS) about a fraudulent scam being conducted by e-mail, that you should look out for.

Some taxpayers have received e-mail from a non-IRS source indicating that the taxpayer is under audit and needs to complete a questionnaire within 48 hours to avoid the assessment of penalties and interest. The e-mail refers to an "e-audit" and references the IRS Form 1040. The taxpayer is asked for social security numbers, bank account numbers and other confidential information.

THE IRS DOES NOT CONDUCT E-AUDITS, NOR DOES IT NOTIFY TAXPAYERS OF A PENDING AUDIT VIA E-MAIL. THIS E-MAIL IS NOT FROM THE IRS.

Do not provide the requested information. This may be an identify-theft attempt. If you receive e-mail of this nature (the source may be the address: blessthe day.com), please contact the IRS office in your area.

**DISTRIBUTION RESTRICTIONS:** Insure the widest dissemination to include first sergeants, commanders, and MPF retirements/separations offices.

**COMMENTS:** This Criminal Information Report (CIR) was published in order to educate Air Force personnel about the potential of identity theft through public access of e-mail.

**HQ AFOSI/XOGO POC:** SA Joseph H. Janning Jr., DSN: 857-1027, COMM: (240) 857-1027; FAX: DSN: 857-0967. For all past CIRs, visit the XOG Reading Room located at <http://afosiweb.ogn.af.mil/xog/reading.htm>.

**FOR OFFICIAL USE ONLY**

# Stop Depression and Start Living

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.*

If you're depressed, or know someone who is, here's important news: It's no one's fault. And there are many things that can help.

Clinical depression is a serious, life-threatening disorder that will affect as many as 20 percent of women and 10 percent of men at some time in their lives. It's the leading cause of disability, not only in the United States, but also around the world. At any given time, 5 to 10 percent of women and 3 percent of men are depressed. And although there are more effective treatments today than ever before (everything from Prozac to Paxil, cognitive and behavioral therapy, from exercise, nutrition and spirituality) a staggering 80 percent of women and men who are depressed go undiagnosed and untreated.

Unfortunately, most depressed people think that they themselves are the problem—that something is wrong with who they are or how they're made. And actually, they're half right. Scientists suspect that depression is caused by misguided genes that make you vulnerable when combined with stress. While you can't talk yourself out of depression, you can take some steps to free yourself from its grip.

At the University of Wisconsin—Madison, research psychiatrists at the Health Emotions Institute have been using new imaging technology to literally peer into the brain to understand the biology of depression.

"We don't have all the answers," says Ned Kalin, M.D., chairman of the psychiatry department at

the university and director of the Health Emotions Institute. "But at this point, there are two areas of the brain we are focusing on. One is the prefrontal cortex, which is the part of the brain that sits behind the forehead. The specific region that we think is important is the orbital frontal cortex." Its job may relate to maintaining positive feeling and inhibiting negative emotions. "Parts of this area may be under active in people who are depressed."

"The second area that we think is important is the amygdala, a structure that is deeper in the brain," he says. "We think that this structure, which processes negative emotion and deals with more primitive feelings, is over active in people who are depressed."

People who are clinically depressed also tend to have a number of brain chemicals that are out of balance, says Dr. Kalin. The result is that they become stuck in negative emotions and behavior patterns.

Are you stuck—stuck enough to call it depression? If you experience five or more of the following symptoms for more than 2 weeks, or they're severe enough to interfere with your daily routine, seek professional help.

- ❑ A persistent sad, anxious, or empty mood
- ❑ Sleeping too little or too much
- ❑ Reduced appetite and weight loss or increased appetite and weight gain
- ❑ Loss of interest or pleasure in activities once enjoyed
- ❑ Restlessness or irritability

- ❑ Persistent physical symptoms that don't respond to treatment
- ❑ Difficulty concentrating, remembering, or making decisions
- ❑ Fatigue or loss of energy
- ❑ Feeling guilty, hopeless, or worthless
- ❑ Thoughts of suicide or death

### **Hope Comes in Many Packages**

Fortunately, there are a lot of things that can help. There are better drugs with fewer side effects. Cognitive and interpersonal therapies seem to help a lot of people even without medication. What's more, there are numerous studies that indicate that a combination of medication and psychotherapy is even better than medication or psychotherapy alone.

### **Antidepressants at a Glance**

There are more than 30 antidepressant drugs available in the United States. Some are older medications such as monoamine oxidase (MAO) inhibitors and heterocyclic drugs. Among the most prescribed drugs are the newer selective serotonin reuptake inhibitors (SSRIs), which have fewer serious side effects for most people.

Each category alters brain chemistry in a slightly different way, which may explain why different antidepressants work for different people and why one antidepressant doesn't work for everyone. All the drugs are equally effective, offering relief to 60 to 80 percent of those who take them.

### **Therapy at a Glance**

Two types of psychotherapy are used to treat depression: cognitive and interpersonal. With cognitive therapy, you learn to identify inaccurate beliefs that cause your emotional problems and set goals to change them. Fifty to 75 percent of depressed people improve with cognitive therapy, a rate comparable to that of drugs.

Interpersonal therapy is a process in which you and a therapist discuss your problems and work out effective solutions. Generally, both types of therapy are equally successful.

### **Alternatives at a Glance**

Some studies show that practicing your faith can speed recovery from depression, in some cases by 70 percent. Here are some other nontraditional treatments that show promise.

**Regular exercise.** A Duke University study found that 30 minutes of brisk exercise three times a week is just as effective as antidepressants for reducing major depression. Another study found that exercise is more effective than antidepressants in preventing relapses.

**St. John's Wort.** Studies From Germany, where it has been widely used for many years, suggest that this herb may be effective for relieving mild or moderate depression.

**SAM-e.** In clinical studies, this supplement, at a dosage of 400 to 1,600 milligrams a day, was as effective at reducing depression as prescription antidepressants and had fewer side effects.

The purpose of this article isn't to recommend one form of treatment over another. Rather, it is to raise awareness of depression and to encourage people to seek professional assistance. There is no shame in being depressed—it's not a sign of weakness. And, further, no one who is depressed should have to face the situation alone.

If you think this article describes you or someone you know, call your Employee Assistance Program Coordinator at 541-1585 for assistance.

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

Easter is God's answer to the cold and dreariness of winter: something we are not able to appreciate fully here in Hawaii, with its continual warm weather and balmy breezes. (To do so we probably need to watch the ice fishing scenes in the movie "Grumpy Old Men" or something similar.) Whatever the weather, though, Easter is God's annual reminder that winter's presence and power are temporary and limited while His are not; that though seasons change He remains changeless. Upon reflection, therefore, it is in God's unchanging nature that we discover Easter's timeless message: *H. O. P. E.*

That is, first of all, Easter reminds us God is our **H**elper. He remains closer than a brother (Proverbs 18:24) and answers our cries (Psalm 121:1-2).

Second, Easter reminds us God does not say **O**ops. His plans and purpose are eternal (Isaiah 14:24), and He leads us not by happenstance or coincidence but by His hand (Psalm 139:5).

Third, Easter reminds us God keeps His **P**romises. As the records of Scripture and history both reveal, God's word is His bond (Matthew 24:35).

And, fourth, Easter reminds us God is our **E**ncourager. The empty grave yet stands, as it has for over two thousand years, as God's daily word of comfort, joy, and peace (Matthew 28:1-8).

Yes, seasons come and go but God is forever constant: in His care for us, plans for us, assurance to us and, ultimately, presence with us. This is indeed Easter's timeless message and our matchless *H. O. P. E.* It is as Clarence Burkholder well says in his poem entitled "Easter Beatitudes":

"Blessed are they of the Easter hope, for theirs is the open gate; it swings through the tomb to the other room where the Lord and loved ones wait."

## Religious Faith and USCG History Calendar:

|                |   |
|----------------|---|
| 01 Mar 1905    | First regular Alaska light stations established   |
| 01 Mar 2002    | World Day of Prayer (Christian)   |
| 02 Mar 1799    | Several Congressional acts give definition to the Revenue Cutter Service's mission                                    |
| 03 Mar 1819    | Congress authorizes Cutters to protect U. S. merchant vessels from piracy and to seize vessels engaged in slave trade |
| 04 Mar 1977    | Ensign Janna Lambine becomes USCG's first female pilot  |
| 08 Mar 1973    | USCGC DAUNTLESS makes first USCG controlled drug seizure  |
| 09 Mar 1944    | USS LEOPOLD (USCG manned) torpedoed by U-255  |
| 10 Mar 1983    | Last USCG seaplane retired: HU-16E  |
| 10 Mar 2002    | Meatfare Sunday (Greek Orthodox)  |
| 12 Mar 1965    | USCG lends support to US Navy's "Operation Market Time" in Vietnam  |
| 15 Mar 1942    | USCGC ACACIA sunk by U-161  |
| 15 Mar 1944    | Manus (Admiralties) and Emirau (St. Mathias Islands) invasions  |
| 15 Mar 2002    | Islamic New Year (Al Hijra)   |
| 16 Mar 1945    | USCG manned destroyer Task Group 22.14 sink German submarine U-866  |
| 17 Mar 1863    | USRC AGASSIZ defends Ft. Anderson from Confederate attack   |
| 17 Mar 2002    | St. Patrick's Day (Christian)   |
| 18 Mar 2002    | Lent Begins (Orthodox Christian)  |
| 21 Mar 1791    | Revenue Cutter Service's first commissioned officer, Hopley Yeaton, signed in by President George Washington          |
| 24 Mar 1989    | USCG responds to worst oil spill in U. S. history: Exxon Valdez   |
| 24-31 Mar 2002 | Holy Week (Christian)   |
| 24 Mar 2002    | Palm/Passion Sunday (Christian)   |
|                | Ashura' (Islam)   |
| 25 Mar 2002    | Annunciation to Mary (Christian)  |
| 26 Mar 1945    | Ryukyu Island landings  |
| 28 Mar -       |   |
| 04 Apr 2002    | Pesach/Passover (Jewish)  |
| 29 Mar 2002    | Good Friday (Christian)   |
| 30 Mar 1942    | USCG made a service of the U. S. Navy   |
| 31 Mar 2002    | Easter (Christian)  |
|                | Diamond Head Lighthouse Easter Service  |

In God's love,  
Chaplain McKay

Web Page: <http://www.uscg.mil/d14/chaplain/>



# THE LATEST RESOURCES – ARE YOU AWARE?

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS), provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

## **The Children's Waiting Room at Tripler**

This service is sponsored by the ASYMCA. If you have an appointment at TAMC and need childcare, this is perfect. Your child(ren) will be cared for by a competent adult FREE of charge while you take care of your medical needs. Care is provided on **Monday, Tuesday, and Thursday from 8:00 am to 12 noon** in the Pediatric Clinic. To make a reservation, call the ASYMCA @ **833-1185** from 8:00 am to 1:30 pm, Monday through Friday. Leave a message with your name, phone number, and the date and time of your requested reservation. Before your medical appointment, call the ASYMCA to confirm your reservation.



## **New TRICARE Benefit – School Physicals**

As of December 15, 2001, school physicals, required for enrollment, are a TRICARE benefit for children ages 5-11 years old. These newly covered school physicals are offered under TRICARE's Clinical Preventive Services. PLEASE NOTE: Physicals required for sports activities are NOT covered.

For TRICARE Prime enrollees, school physicals required in conjunction with school enrollment

may be received from any network provider without a referral or authorization from the Primary Care Manager (PCM) or a Health Care Finder (HCF). If you cannot obtain a school physical from a network provider, you may use a non-network provider if you have a referral from your PCM and an authorization from an HCF. If you do not have a referral and authorization to see a non-network provider, you will be subject to Point of Services charges.

For TRICARE Extra and Standard beneficiaries, referrals and authorizations are not needed for school physicals required in conjunction with school enrollment. Physicals are subject to cost-shares and deductibles as prescribed by your TRICARE plan.

This newly implemented school physical benefit is retroactive to October 30, 2000. TRICARE will send refunds where applicable.

For more information, visit your local TRICARE Service Center or call your TRICARE Customer Care Center Service @ (800) 242-6788. In Hawaii, contact Karl Kiyokawa, Health Net Federal Services @ (808) 532-4114.



# Alcohol Abuse

By  
HSC Daniel Friedman, USCG

The Addiction Prevention Specialist provides prevention education in the area of addiction, including tobacco. The APS goal is to help Coast Guard Active Duty members, Reserves, and civilian employees improve their quality of life.

## **The following information was compiled from the National Institute on Alcohol Abuse and Alcoholism (NIAAA).**

### **What is an alcohol problem?**

Researchers use the term "alcohol problems" to refer to any type of condition caused by drinking which harms the drinker directly, jeopardizes the drinker's well-being, or places others at risk. Depending on the circumstances, alcohol problems can result from even moderate drinking, for example when driving, during pregnancy, or when taking certain medicines. Alcohol problems exist on a continuum of severity ranging from occasional binge drinking to alcohol abuse or dependence (alcoholism).

### **What is the difference between different types of alcohol problems, such as binge drinking, alcohol abuse and alcohol dependence?**

It is important to note that alcohol problems occur along a continuum of severity. The term alcoholism usually refers to alcohol abuse or dependence. Alcohol dependence is the most severe alcohol problem and typically consists of at least three of seven symptoms experienced within one year. These symptoms include repeated unsuccessful attempts to stop or cut down, need for increased amounts of alcohol (tolerance), or symptoms of withdrawal upon cessation of drinking (physical dependence). Many other types of alcohol problems do not entail alcohol dependence but are nevertheless harmful in their effect on a person's job, health, and relationships. Also, alcohol problems of lesser severity can often progress to alcoholism if untreated.

The most common alcohol problems include:

**Binge drinking** is the type of problem drinking most often engaged in by young people in the 18-21 year old age range. Within this age group binge drinking is more prevalent among college students than non-students. Researchers often define binge drinking as the consumption of five or more drinks at one sitting for males and three or more drinks at one sitting for females. Binge drinkers on college campuses are more likely to damage property, have trouble with authorities, miss classes, have hangovers, and experience injuries than those who do not. Students living on campuses with high rates of binge drinking experience more incidents of assault and unwanted sexual advances than students on campuses with lower binge drinking rates.

**Alcohol abuse** often results in absence from, and impaired performance at school and on the job, neglect of child-care or household responsibilities, legal difficulties and alcohol consumption in physically dangerous circumstances such as while driving. Individuals who abuse alcohol may continue to drink despite the knowledge that their drinking causes them recurrent and



significant social, interpersonal, or legal problems.

**Alcohol dependence** is a chronic and often progressive disease that includes a strong need to drink despite repeated social or interpersonal problems such as losing a job or deteriorating relationships with friends and family members. Alcohol dependence has a generally predictable course, recognizable symptoms, and is influenced by a complex interplay of genes, psychological factors such as the influence of family members and friends, and the effect of culture on drinking behavior and attitudes. Scientists are increasingly able to define and understand both the genetic and environmental factors that make an individual vulnerable to alcoholism.

**What are the signs and symptoms of an alcohol problem?**

Certain behaviors are known to be possible **early signs** of an alcohol problem. These include any established pattern of drinking, such as heavy regular alcohol consumption and/or frequent intoxication, which poses a high risk of future damage to physical or mental health and which places the drinker at risk of accidents, arrests, poor job performance or other social problems.

**Alcohol dependence, sometimes referred to as alcoholism**, is the most severe type of alcohol problem and is characterized by three of seven symptoms experienced during a one year time period. According to the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, the symptoms of alcohol dependence include:

| Symptoms of Alcohol Dependence                                   |   |
|--|---|
| <i>Neglect of other Activities</i>                               | Important social, occupational, or recreational activities are given up or reduced because of alcohol use;  |
| <i>Excessive Use</i>   | Alcohol is consumed in larger amounts over a longer period than intended;   |
| <i>Impaired control</i>  | Ongoing, unsuccessful efforts to cut down or control alcohol consumption;   |
| <i>Persistence of Use</i>  | Alcohol consumption is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely caused or exacerbated by alcohol; |
| <i>Large Amounts of Time Spent in Alcohol Related Activities</i> | A great deal of time is spent in activities necessary to obtain, use or recover from the effects of alcohol;  |
| <i>Withdrawal</i>  | Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety when alcohol use is stopped after a period of heavy drinking;                                       |
| <i>Tolerance</i>   | The need for increasing amounts of alcohol in order to feel its effects.  |

## 2002 COAST GUARD FAMILY EASTER EGG HUNT

Who: Coast Guard (only) dependent children ages 1 to 9.  
When: Saturday, March 23, 2002 from 9:30 - 10:30 A.M.

Where: KKH Country Store field, tennis courts and playground

Everyone attending must pre-register in writing by MARCH 18, 2002.



Other activities will include FACE PAINTING, VISIT WITH THE EASTER BUNNY (bring your camera) and COLORING SHEETS.

QUESTIONS???

Call Maureen Shivery at 833-8186

Drop off your registration forms at boxes located at the KKH Country Store or Sand Island Exchange.



### COAST GUARD EASTER EGG HUNT REGISTRATION FORM

Sponsor's Name:

\_\_\_\_\_

Sponsor's Phone:

\_\_\_\_\_

Sponsor's Duty Station:

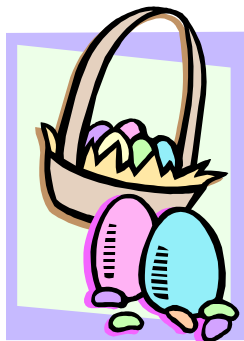
\_\_\_\_\_

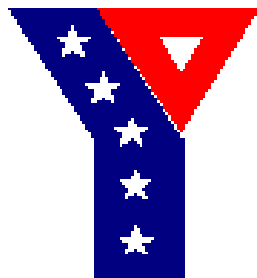
Children Participating:

Name

Age

- |    |       |       |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |





***Armed Services YMCA/AMR  
March 2002 Calendar of Events  
1875 Aliamanu Drive, Honolulu, HI 96818  
Phone # 833-1185, Fax # 834-3631  
E-Mail: ASYMCAAMR@aol.com  
Open Mon-Thurs, 8:00am – 1:30pm***

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

**THEME FOR MARCH - - Weather/Insects**

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARL HARBOR:**

- Pearl City Penn CC Monday 9:30-11:00  
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

**LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins on April 4, 2002 through May 9, 2002. **Payment for this class is due no later than March 28, 2002.** Any questions please call us at 833-1185

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00.**

**ATTENTION:**

**All expectant and new moms**

**WELCOME BABY** will be offering a support group twice a month starting February 2002. Come join us for an adult craft and discussion on various topics. Kids can come too. **The dates for February are the 8<sup>th</sup> and 22<sup>nd</sup>. In March it will be on the 8<sup>th</sup> and 22<sup>nd</sup>.** For more information or to RSVP please call Pam at 433-2109.

**FREE FOOD DISTRIBUTION:**

The Armed Services YMCA in conjunction with Hawaii Action Program (HCAP) will be distributing free food to low income families on **Wednesday 6 March, 2002 from 9:00 – 12:00.** For more information call us at 833-1185.

**KEIKI CARE BABYSITTING COURSE**

This class applies to children ages 10yrs and up. However, only children 13 and up may be placed on our referral list. The class covers basic babysitting skills such as child development & child care, emergency preparedness, age appropriate games & toys, first aid and CPR training. For more information and dates please call us at 833-1185.

**UPCOMING EXCURSION**

**When:** Wednesday, March 27, 2002

**Time:** 9:30 – 12noon

**Where:** Honolulu Zoo

**Cost:** 2yrs and under—**free**  
3 yrs to adult--**\$1.00**

**Deadline:** No later than Tuesday March 19. To sign up or for more information, please call us at 833-1185.

**SPRING BREAK INFO:**

All ASYMCA/AMR playmorning sites will be closed from Mon., March 25 through Fri. March 29, 2002 for spring break. Playmorning will resume on Monday April 1, 2002.

| <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
|---|--|---|--|--|
| <b>REMINDERS:</b><br><b>March 6</b> —Free food distribution<br>From 9:00 to 12noon<br><b>March 25 through March 29--</b><br>All ASYMCA/AMR<br>Playmorning sites<br>Closed for spring<br>break | <b>March 27</b> —Excursion to<br>The Honolulu Zoo<br><br><b>March 31</b> —Happy Easter<br><br><b>April 1</b> —Playmorning<br>resumes |   |  | <b>1 PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>Hale Moku-9:30-11:00am</b>               |
| <b>4</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>Red Hill-10:30-12:00pm</b><br><b>Pearl City-9:30-11:00am</b>  | <b>5</b><br><b>PLAYMORNING</b><br><br><b>Ft. Shafter-9:30-11:00am</b><br><b>Moanalua-9:30-11:00am</b>                                | <b>6</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>McGrew-9:30-11:00am</b><br><b>Manana-9:30-11:00am</b>     | <b>7</b><br><b>PLAYMORNING</b><br><br><b>Pearl City-10:30-12:00pm</b><br><b>Catlin/Halsey-9:30-11:00am</b>     | <b>8</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>Hale Moku-9:30-11:00am</b>     |
| <b>11</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>Red Hill-10:30-12:00pm</b><br><b>Pearl City-9:30-11:00am</b>   | <b>12</b><br><b>PLAYMORNING</b><br><br><b>Ft. Shafter-9:30-11:00am</b><br><b>Moanalua-9:30-11:00am</b>                               | <b>13</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>McGrew-9:30-11:00am</b><br><b>Manana-9:30-11:00am</b>    | <b>14-</b><br><b>PLAYMORNING</b><br><br><b>Pearl City-10:30-12:00pm</b><br><b>Catlin/Halsey-9:30-11:00am</b>   | <b>15</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>Hale Moku-9:30-11:00am</b>    |
| <b>18/25</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>Red Hill-10:30-12:00pm</b><br><b>Pearl City-9:30-11:00am</b>  | <b>19/26</b><br><b>PLAYMORNING</b><br><br><b>Ft. Shafter-9:30-11:00am</b><br><b>Moanalua-9:30-11:00am</b>                            | <b>20/27</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>McGrew-9:30-11:00am</b><br><b>Manana-9:30-11:00am</b> | <b>21/28</b><br><b>PLAYMORNING</b><br><br><b>Pearl City-10:30-12:00pm</b><br><b>Catlin/Halsey-9:30-11:00am</b> | <b>22/29</b><br><b>PLAYMORNING</b><br><br><b>Amr-9:30-11:00am</b><br><b>Hale Moku-9:30-11:00am</b> |
|   |  |   |  |  |

# FAMILY SUPPORT CENTER @ HICKAM AFB

**Building 1105, 449-2494 or 449-6475**

**[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)**

**AT HOME ALONE, Mar 6, 2:00-3:00 pm (Health and Wellness Center, Bldg 1113).** Find out if your school-aged children are ready to stay home alone. Also learn tips on how to develop an "At Home Alone" contract and foster in-home recreational activities. Parents and children are welcome.

**DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Mar 12, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**EMPOWERMENT THROUGH COMMUNICATION, Mar 27, 9:00-11:00 am.** Am I sure they heard what I think I said? Interpersonal communication skills and the ability to work with people often make the difference between success and failure on the job, in our homes, and in our relationships. If you want to improve your interaction with employees, co-workers, and family members, this is the class for you!

**FAMILY READINESS BRIEFING, Mar 4, 11, 18 & 25, 1:00-2:00 pm.** Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

**HOME BUYING 101, Mar 27, 1:00-4:00 pm.** Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" And, how many "points" should I pay? Does the VA lend money? Answers to these questions and more about the home-buying process will be explored for those who are considering the purchase of their first home. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

**INTERVIEWING WITH CONFIDENCE, Mar 19, 9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**INVESTING MADE SIMPLE, Mar 20, 2:00-3:30 pm.** This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available that can help you build your financial future.

**KINDERGARTEN READINESS, Mar 21, 8:30-9:30 am (Mokulele Elementary School).** The first day of kindergarten is a milestone in your child's life. How can parents discern if their child is ready? What can they do to ease the transition for the whole family? Come discuss these questions and any other concerns with your school staff and Cassie Kepler, the Family Support Center's Life Skills Specialist.

**LOOKING FOR EMPLOYMENT IN HAWAII, Mar 5 & 26, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

**MONEY MANAGEMENT, Mar 6, 1:00-2:00 pm.** This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NEW TO HAWAII FINANCIAL BRIEFING, Mar 13, 1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station.

This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly rooms. All others, please call 449-2494.

**PLAYMORNINGS, Tuesday-Friday Sessions, Mar 1-21, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held March 22-29.

**RESUME WRITING I, Mar 21, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

**RESUME WRITING II, Mar 28, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

**SELF-ESTEEM: I MAKE A DIFFERENCE!, Mar 20, 9:00-11:00 am.** Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

**SMOOTH MOVE, Mar 28, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

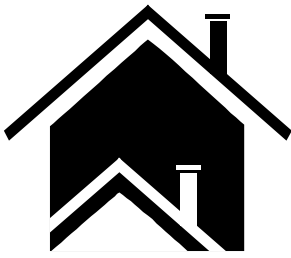
**SPONSORSHIP TRAINING, Mar 7, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Mar 12-14, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Mar 7 & 21, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Mar 13, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

**WHAT TO EXPECT AFTER YOU'RE EXPECTING, Mar 19, 6:00-8:30 pm.** Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.



## HOUSING CORNER MARCH 2002

### VEHICLES AND PARKING



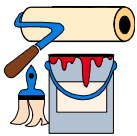
All cars within the KKH Housing areas must possess and display a valid DOD registration sticker, license plate and safety inspection decals at all times. Vehicles with expired decal stickers will be subject to towing at owner's expense. Additionally, all vehicles must be in safe operating condition and operated in a safe manner. This includes vehicles of guests and visitors. Parking in courts of KKH is limited to tenants only. Each KKH unit is assigned one specific covered parking stall. Unnumbered and uncovered spaces are available on a first-come, first-serve basis, and only for tenants of that court. All residents that have more than two vehicles and guests are required to park on the curbside of the street within areas that are not painted red. Parking in front of trash dumpsters or behind parked vehicles inside stalls, even momentarily, is prohibited. Our Housing Inspector performs random checks throughout the housing area and will provide notice to those vehicles found not to be in compliance. For further information regarding parking and operating vehicles within the KKH housing area, please review section 2.21 of the resident Housing Handbook, ISCHONOINST M11101.2D or you may call our office at 831-2766 for additional assistance.

### HOUSING COUNCIL:

The council meets quarterly to discuss housing issues that affect residents of the CG owned housing. The council works as a cohesive group to improve communications, education and the overall housing experience. Typical topics include upcoming renovations, construction projects, security issues, and resident issues and/or concerns. The Housing Council is chaired by the Oahu Local Housing Officer. The vice-chairman is KKH Housing Maintenance Chief. Members of the council include unit Ombudsmen (on a voluntary basis) and the unit Local Housing Representatives (LHR). Any resident in government owned housing who wishes to have an issue addressed at the Housing Council meeting may either contact the Local Housing Officer, their Ombudsman, or unit Local Housing Representative. For further assistance with contacting your unit LHR and/or Ombudsman, please contact the Housing Office at 831-2766. Residents, at anytime, may contact the Area Housing Officer, Mrs. Baker, with any housing concerns by sending an e-mail to [nbaker@d14.uscg.mil](mailto:nbaker@d14.uscg.mil) or by telephone @ 831-2766. You are also welcome to visit our Housing Office in person, which is located on Phase I next to the Self Help store, directly across from the CG Gas Station to discuss your housing concerns.

### CURRENT HOUSING PROJECTS:

- **Housing Exterior Painting**



- The exterior painting contractor, JMB Services, is continuing to do touch up work on Phase I and has commenced work on Phase II. The contractor will provide notification to residents seven days prior to the start date. Once notice is given, please ensure all areas affected (i.e. exterior walls, storage areas) are clear of any obstructions to allow easy access for the painters. Your help is needed to remove vegetation next to exterior walls that may prohibit the contractors from doing their work. If you have any questions concerning the areas to be painted, work to be accomplished, or preparations to your unit, you may contact the Housing Office at 831-2766/2753. We appreciate all of your patience and cooperation throughout this project.

- **Phase II Sewer Lift Station Renovations**

This project will provide a building to enclose the existing sewer lift station located at the bottom of Phase II on Kukui Drive. Residents should not experience any interrupted water or sewer services during this project. If you have any questions concerning this project and/or work to be accomplished, please contact the Housing Office at 831-2766/2753.





### *Ask the Doc:*

Certain contraception methods have higher failure rates; bee sting allergies should be taken seriously

**Q: My husband and I are both on active duty. We don't want to have children for at least three years. I've heard about women getting pregnant while taking birth control pills, and I worry about an unplanned pregnancy. What other options are there for us?**

A: Choosing a contraceptive method is an important decision. Important considerations about a method are its effectiveness, side effects, duration and ease (or difficulty) of use. Personal considerations, such as lifestyle, risk for sexually transmitted infections and anticipation of future child bearing are also important.

Birth control pills, also known as oral contraceptive pills (OCPs), are the most commonly used reversible method of contraception. OCPs are very effective in preventing pregnancy when used correctly. With perfect use, only one in 1,000 women will become pregnant during one year. However, actual pregnancy rate among pill users is typically higher (about 1 in 35 women) due to improper use, such as forgetting to take one or more pills. The effectiveness of all contraceptive methods depends to some extent on how likely a woman is to become pregnant if she were using no contraception. The likelihood of becoming pregnant depends on the woman's age, the frequency and timing of intercourse and her natural "fertility." OCPs are an example of a user-dependent form of contraception. This means the woman (or man) uses it. Examples of user-dependent methods are sterilization (vasectomy or tubal ligation), the intrauterine device (IUD) and injected and implanted hormonal methods. In general, highly user-dependent forms of contraception, especially barrier methods such as condoms and diaphragms, have the highest failure rates. There are pros and cons to every form of contraception. You should consult with your primary care provider to discuss the option that is best suited for you at this time.

**Q: My squad leader is making a list of soldiers with bee sting allergies. When I was a kid, my mouth swelled, and I got hives after a bee sting. It went away after a while, and I never needed to go to the hospital. I don't want to be singled out, and I don't want to have to carry some 'injection kit' with me wherever I go. What's the big deal if I get stung again?**

A: If you have a bee sting allergy, an injection kit may save your life!

What happens in people with bee sting allergies:

- ❖ Large amounts of chemicals, such as histamines, rush into the blood stream. These chemicals cause tissue to swell. Patches of skin, known as hives, can become itchy and swollen.
- ❖ If the soft tissues of the airways swell, there may be wheezing, difficulty in swallowing or breathing.
- ❖ The chemicals that are released into the blood stream also cause blood vessels to become leaky. Fluid leaves the blood vessels, causing the body's blood pressure to drop.
- ❖ In what is called 'anaphylactic shock,' blood pressure is too low to deliver to the right amounts of oxygen to the brain, heart and kidneys.

Some signs of bee sting allergies:

- |  |                          |
|--|--------------------------|
| ❖ Itchy, red rash over many parts of the body, | ❖ Difficulty swallowing, |
| ❖ Pale appearance,                             | ❖ Wheezing,              |
| ❖ Cold, clammy skin,                           | ❖ Confusion              |
| ❖ Nausea,                                      | ❖ Coma                   |
| ❖ Difficulty breathing,                        |                          |

What happens when a soldier with a bee sting allergy gets bitten a second time:

- ❖ In the soldier with the bee sting allergy, the body 'remembers' bee sting venom.
- ❖ Even more chemicals than before are released into the blood stream following a second and third bee sting.

- ❖ A soldier with simple mouth swelling and hives may have a fatal reaction the next time he or she is stung.
- ❖ If you have allergies to bee stings, you can't use your first allergic reaction to predict whether or not your body can 'get away' without needing an injection kit.

What to do:

- ❖ First, members of your squad and chain of command should know in advance if you have bee sting allergies. Symptoms may come so quickly after a sting that you may never get a chance to tell your buddies that you have an allergy, delaying treatment.
- ❖ Most fatal bee sting reactions occur in the first hour after a sting so it is important to always have access to a medicine called epinephrine.
- ❖ Epinephrine works by stopping airway swelling and by raising blood pressure, buying time for transportation to a medical treatment facility.
- ❖ Epinephrine comes in a self-injecting 'Epi-Pen,' easily transported in a BDU pocket. An injection at the thigh immediately following symptoms should work within a matter of seconds.
- ❖ If you have a bee sting allergy and are stung, treat it as a medical emergency. Get help even if you have an Epi-Pen and even if symptoms aren't starting right away.
- ❖ If you start feeling faint, lie on the ground and elevate the legs above the level of the heart in order to return as much blood as possible to the vital organs.

For more information on any of the *Ask the Doc* topics, check out <http://familydoctor.org>.

Anyone who would like to submit a question to "Ask the Doc" may write to: Ask the Doc, Family Practice Clinic, Tripler Army Medical Center, 1 Jarrett White Road, TAMC, HI 96818. Questions may also be emailed to [Michelle.Rowan@haw.tamc.amedd.army.mil](mailto:Michelle.Rowan@haw.tamc.amedd.army.mil).

**Contact: Tripler Public Affairs Office, 808-433-5785**

**Release Number 02-009**

In Hawaii,  
Contact: Karl Kiyokawa  
Health Net Federal Services  
(808) 532-4114



## **New TRICARE Benefit – School Physicals**

- As of December 15, 2001, schools physicals, required for enrollment, are a TRICARE benefit for children ages 5-11. These newly covered school physicals are offered under TRICARE's Clinical Preventive Services. Please note: physicals required for sports activities are **not** covered.
- For TRICARE Prime enrollees, school physicals required in conjunction with enrollment may be received from any network provider without a referral or authorization from the Primary Care Manager (PCM) or a Health Care Finder (HCF). If you cannot obtain a school physical from a network provider, you may use a non-network provider if you have a referral from your PCM and an authorization from an HCF. If you do not have a referral and authorization to see a non-network provider, you will be subject to Point of Services charges.
- For TRICARE Extra and Standard beneficiaries, referrals and authorizations are not needed for school physicals required in conjunction with school enrollment. School physicals are subject to cost-shares and deductibles as prescribed by your TRICARE plan.
- The newly implemented school physical benefit is retroactive to October 30, 2000, meaning that TRICARE will send refunds where applicable.
- For more information regarding the new school physical benefit, visit your local TRICARE Service Center or call your TRICARE Customer Care Center Service at (800) 242-6788.

# Bad News Sells Papers But Destroys Relationships

By  
Owen M. Norton, MSW, LSW

*The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.*

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Do you ever read the newspaper or watch the news on television? Pay attention to how the headlines focus on the negative and how little emphasis is on the positive. Bad news definitely sells papers and improves television ratings. I would guess if you looked at what percent of the headlines of newspapers and television news you might come up with 75% negative vs. 25% positive. What do you think? Is it higher or lower?

Sometimes we end up doing this in our lives with our loved ones. We focus on the negative aspects of our loved ones, and ignore the positives. Chaplain McKay relays the following anecdote. A husband was asked “When was the last time you told your wife you loved her?” His reply? “On my wedding day 20 years ago, and when it changes I’ll let her know”. Sounds like a fun marriage! Some researchers believe that it takes about *seven* positive things to neutralize *one* negative thing you say or do. You certainly want to watch how you say things so that the negatives don’t erode the positive in your relationships.

We don’t want to become like the media sharing the bad and not the good. In a relationship this would lead to a boring, unsatisfying relationship. When did you last complement your spouse, child, or that special person in your life? What would it be like if you gave a complement once a day to someone special to you? It could be fun. Think about what it would be like to say something positive that you notice and appreciate about your partner. I think I will do it tonight, and it may go like this, “Donna, I really appreciate how sensitive and caring you are to our kids, they are so lucky to have you as their mother.” It could be about her personality, “I like how you are such a warm and caring person.” You get the concept. As I am writing this I am realizing that I haven’t been doing enough of this myself, I need to pay more attention to the positive and give my loved ones more complements. Like the advertising says, don’t ignore what needs to be done, JUST DO IT! What about you?